



News Releases

MONTGOMERY COUNTY, MARYLAND

Montgomery Parks and Montgomery County Recreation Offer Free Daily Activities in July for Park & Recreation Month; *Celebration culminates with a free popsicle social on July 31*

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Summer is here and it's time to get your play on. This July, discover the power of play with [Montgomery Parks](#) and [Montgomery County Recreation](#) in celebration of [Park and Recreation Month](#). The departments are encouraging people to get outside and play by offering free activities every day of the month.

A calendar with the listings and details is available online at www.MontgomeryParks.org and www.MontgomeryCountyMd.gov/rec/. Print calendars are available at Montgomery County Recreation Centers, Senior Centers, Aquatic Facilities, and at Montgomery Parks ice and tennis centers, nature centers, Brookside Gardens and the miniature trains located at Cabin John and Wheaton Regional Parks.

Park and Recreation month kicks off with a self-guided nature program at Black Hill Regional Park. Daily activities include events such as a drop-in for a basketball game at Marilyn Praisner Recreation Center, the Damascus Day parade and fireworks, a Soulful Supper at Harpers Cabin, a Raptor Enrichment program at Meadowside Nature Center, Sensory Sunday at the Agricultural History Farm Park and rock climbing at Ellsworth Urban Park. The month-long programming concludes with a free popsicle social from 6 – 7 p.m. at the [Bauer Drive Recreation Center](#) located in [Bauer Drive Local Park](#).

"Our parks and recreation facilities offer endless opportunities to try something new," said Mike Riley, Director of Montgomery Parks. "Whether taking a swim lesson, participating in an adult sports league, exploring a trail, or taking a Zumba class, outdoor play is a great way to get fit and stay healthy."

"Park and Recreation month is a perfect time to highlight the benefits of the parks and recreation programs," said Gabe Albornoz, director of Montgomery County Department of Recreation. "The Recreation Department and Montgomery Parks work together to provide many diverse programs, services and facilities that contribute to a healthier lifestyle and enhance the quality of life for all ages, cultures and abilities."

Park and Recreation Month, an initiative of the National Recreation and Park Association (NRPA), highlights the ways parks and recreation has the power to transform our daily lives. From providing us places to play, get fit and stay healthy to fostering new relationships and forging a connection with nature, our close-to-home community park and recreation facilities provide essential services and improve quality of life.

NRPA is celebrating the month by hosting a weekly contest encouraging people to show them why play is so important in their lives. Visit www.nrpa.org/July for more information on how to participate.

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